

# SUGAR, THE SILENT KILLER!

**[Note: This document in no way constitutes medical advice. The purpose is to indicate the intake of excessive sugar in our diet which has been linked to most Non-Communicable Diseases contributing to severe ill health and increased death rates – Videos and Books are included at the end, for the lazy 😊 – EVEN A VIABLE ALTERNATIVE!]**

## RECOMMENDED SUGAR INTAKE

A single teaspoon of sugar is around 5 g. The **American Heart Association** and **World Health Organisation** recommendation for [maximum] daily **added sugar intake** is 6 teaspoons for women and 9 teaspoons for men, which is equal to 24 g and 36 g of added sugar, respectively<sup>1</sup>. Let us assume 5 teaspoons for children<sup>2</sup>.

## BUT WHAT IS ADDED SUGAR?

Let's have a look at a definition:

**Added sugars:** Sugars added to foods during processing or preparation (e.g., brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, sucrose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, and naturally occurring sugars that are isolated from a whole food and concentrated so that sugar is the primary component, e.g., fruit juice concentrates).<sup>3</sup>

Ah, so added sugar is not just the sugar YOU ADD to your coffee, breakfast cereal or cake icing etc, it is something which IS ALREADY IN THE MIX – so to speak. The sugar you add is PLUS the already added sugar.

## BEFORE WE ADDRESS SOME HEALTH ISSUES, LET'S LOOK AT ADDED SUGAR ALREADY CONTAINED IN FOODSTUFF WE REGULARLY USE

Let us begin with breakfast, always a good begin, now keep in mind the recommended maximum daily sugar intake of 6 teaspoons for women, 9 teaspoons for men and 5 for children!

Cereal	Sugar g Per 100 g Or %	Tablespoons Of Sugar	Exceeds Daily Male Quota Of 9 Teaspoons	Exceeds Daily Female Quota Of 6 Teaspoons	Exceeds Daily Child Quota Of 5 Teaspoons
Honey Smacks	57	11	x	x	x
Froot Loops	42.3	8		x	x
Cocoa Krispies	39.15	8		x	x
Otees Crème Soda	38.6	8		x	x
Cocoa Puffs	37.75	8		x	x
Lucky Charms	36.65	7		x	x
Cocoa Pebbles	36.3	7		x	x
Frosted Flakes	35.6	7		x	x
Golden Grahams	35.5	7		x	x

<sup>1</sup> <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars> accessed 31/08/2019 00:58:03

<sup>2</sup> [https://www.ages.at/pdf/pageflip\\_62015\\_1/index.html](https://www.ages.at/pdf/pageflip_62015_1/index.html) accessed 31/08/2019 01:02:01

<sup>3</sup> <https://academic.oup.com/advances/article/9/2/63/4969263> accessed 30/08/2019 14:07:07

Cookie Crisp	35.3	7		x	x
Otees Mixed Berry	33.5	7		x	x
Honey Nut Cheerios	33.35	7		x	x
Coco Pops	33.1	7		x	x
Strawberry Pops	33.1	7		x	x
Trix	32.45	6			x
Otees Chocolate Flakes	31.9	6			x
Raisin Bran	31.75	6			x
Reese's Puffs	31.5	6			x
Bar One	29.7	6			x
Honey Cheerio's	29.2	6			x
Coco Pops Crunchers	29	6			x
Otees Bubblegum	28.9	6			x
Otees Apple	28.4	6			x
Otees Apple and Raspberry	28.4	6			x
Fruit Loops	28	6			x
Coco Pops Choco's	27.7	6			x
Milo	24.9	5			
Milo Duo	24.9	5			
ProNutro Honey Melt	24.5	5			
Otees Pops Chocolate	24	5			
Crunchalots Strawberry	22.8	5			
Otees Bitz	22.4	4			
ProNutro Original (Wheat Free)	22.3	4			
Rice Krispies Vanilla	21.7	4			
Otees Chocolate	21.6	4			
Cheerios	21.1	4			
ProNutro Chocolate	20.3	4			
Alpen	20.25	4			
ProNutro Banana	20.1	4			
ProNutro Apple	19.8	4			
ProNutro Original (Whole Wheat)	19.8	4			
ProNutro Strawberry	19.1	4			
All-Bran Hi-Fibre	18	4			
Unicorn Fruit Loops	18	4			
Banana Nut Crunch	17.75	4			
Crunchalots Honey	16.9	3			
Special K	16.7	3			
Crunchalots Chocolate	16	3			
Wheaties	15.4	3			
Fibre Plus	13.6	3			
All-Bran Flakes	12.9	3			
Bran Flakes	12.7	3			
Corn Chex	11.25	2			
Wheat Chex	10.45	2			

Rice Krispies	10	2			
Corn Flakes	9.65	2			
Otees Rice Pops	8.9	2			
Rice Chex	8.1	2			
Weet-Bix	2.9	1			
Shredded Wheat	0	0			

It is obvious that EVEN BEFORE adding sugar to some cereals the daily recommended sugar intake limit for grownups and children has been EXCEEDED!!!

## BUT LET US EXPLORE THE SUGAR CONTENT OF SOME OTHER COMMON FOOD...

### Low-Fat Yogurt

- a single cup of low-fat yogurt can contain up to 12 teaspoons of sugar

### Carrot Cake

- 10 teaspoons of sugar per normal 120gm helping

### Braai Sauce

- 2 tablespoons of it contain around 3 teaspoons of sugar

### Tomato Juice / Ketchup

- single tablespoon of tomato juice contains 1 teaspoon of sugar, 1/3!

### Fruit Juice [even with fibre] and Soft Drinks like Cola

- up to 15 teaspoons per 375ml [can]

### Spaghetti Sauce

- more than 30% per mass sugar, about one teaspoon per one tablespoon

### Chocolate Milk

- up to 3 teaspoons per 250ml - one cup

### Granola

- 6 teaspoons per 100gm serving

### Flavoured Coffees

- up to 25 teaspoons of sugar for large cups

### Ice Tea

- about 7 teaspoons per 340ml

### Protein Bars or Snack Bars

- between 6 and 13 teaspoons of sugar per 100g

### Vitamin Water and Health Drinks

- between 4 and 12 teaspoons of sugar per 340ml

### Pre-Made Soup

- between 4 and 6 teaspoons of sugar per 100gm

### Canned Baked Beans

- about 6 teaspoons per 260gm

### Bottled Smoothies

- up to 24 teaspoons of sugar per small bottle

### Breakfast cereals

- the most popular brands contain 3 to 6 teaspoons per 100 gm!

## SUGAR ALCOHOLS

Then you also get foodstuff containing *sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt and hydrogenated starch hydrolysates* – these are sugar alcohols; do not be fooled by the unknown terminology! Determine the carbohydrate content from the label –

**CARBOHYDRATES ARE SUGAR!**

## ALCOHOL

Alcohol as such does not contain sugar but many alcoholic drinks contain high levels of sugar depending on the mixtures! Especially cocktails and ciders contain a lot of sugar! **Again, Determine the carbohydrate content from the label – CARBOHYDRATES ARE SUGAR!**

## BREAD

Whether you go for organic hi fibre health bread or super white, the amount of sugar stays approximately at 1 tablespoon per slice, this increases to two tablespoons of sugar per slice if the bread contains raisins or cinnamon! **THIS DOES NOT TAKE INTO ACCOUNT OF WHATEVER YOU PUT ON THE BREAD!**

## DISGUISED SUGAR!

Because sugar has begun to draw negative attention as being very unhealthy, industry has started to give it a variety of names; we have managed to find 87 names up to date:

- Agave
- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Birch syrup
- Blackstrap molasses
- Brown rice syrup
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Cane sugar extract
- Caramel
- Carob syrup
- Castor sugar
- Coconut palm sugar
- Coconut sugar
- Coffee crystals
- Confectioner's sugar
- Corn sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Florida crystals
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Fruit sugar
- Gluco-malt
- Glucose
- Glucose solids
- Glucose syrup
- Golden sugar
- Golden syrup
- Grape juice concentrate
- Grape sugar
- HFCS (high-fructose corn syrup)
- High-Fructose Corn Syrup (HFCS) 55
- High-Fructose Corn Syrup (HFCS) 90
- Honey
- Icing sugar
- Invert sugar
- Karo
- Lactose (milk sugar)
- Malt extract
- Malt syrup
- Maltodextrin
- Maltol
- Maltose
- Mannose
- Maple syrup
- Molasses
- Muscovado
- Muscovado sugar
- Palm sugar
- Panela
- Panela sugar
- Panocha
- Pear juice concentrate
- Powdered sugar
- Rapadura
- Raw sugar
- Refiner's syrup
- Rice malt syrup
- Rice syrup
- Saccharose
- Sorghum syrup
- Sucanat
- Sucrose
- Sugar (granulated)
- Sweet sorghum
- Syrup
- Treacle
- Treacle sugar
- Turbinado sugar
- White sugar
- Yellow sugar

## BEWARE OF CAMOUFLAGE TECHNIQUES!

### SPOT THE SUGARS

Like on this label:

#### This Product Contains"

Wholegrain wheat, rolled oats, sultanas\*, **sugar\*\*\***, triticale, dried apricots\*, wheat flour, **fructose\*\*\***, palm oil, humectant [glycerol], **dextrose\*\*\***, wheat fibre, food acid (citric acid), natural flavour\*\*, **barley malt extract\*\*\***, salt, **honey\*\*\***, mineral (iron), vitamins (niacin, riboflavin, folate, thiamin)

[\*high sugar content! \*\*could contain sugar! \*\*\* sugar!]

## WHY ALL THE FUZZ ABOUT SUGAR?

### CARBOHYDRATES AND STARCH ARE SUGARS

1<sup>st</sup> off, take note that sugar is a carbohydrate [Potatoes, Rice, Bread, Sweet potatoes, Beets, Corn, Grain, All rice, All pasta, Oats, Banana, Apples, Mangos, Dates, Raisins, Berries, All beans, Lentils and legumes, Cookies, Muffins, Cakes, Potato chips - slapchips and dry...] **ALL CARBOHYDRATES AND STARCH ENTERING YOUR BODY ARE TRANSFORMED INTO SUGAR – 100G CARBOHYDRATES EQUALS 100G SUGAR!**<sup>4</sup>

Carbohydrates are split in two groups, Complex and Simple. Complex carbohydrates take longer to be broken down into sugar and are healthier because their sugar is released into the blood stream slower – what is also called low GI; whereas Simple carbohydrates are broken down faster and are also referred to as high GI.<sup>5</sup> [This terminology will be known to Diabetes]

**BUT REMEMBER, ALL CARBOHYDRATES ARE GRAMM FOR GRAMM SUGAR!**

**“All carbohydrates are broken down into simple sugars...”<sup>6</sup>**

**REMEMBER, STARCH IS ALSO SUGAR!<sup>7</sup>**

### DO WE NEED ADDED SUGAR? NO

No, we do not need added sugar, as the food we eat contains not only sugar but carbohydrates. **We get more than enough sugar from ‘natural’ food [i.e. food without added sugar] for our bodies to function optimally.**

**“...it is not necessary to include sugary foods or added sugars in the diet in order for your body to make energy.”<sup>8</sup>**

### **SOME CONSEQUENCES OF TOO MUCH ADDED SUGAR INTAKE**

**It is here where we must note the negative consequences of sugar intake!**

<sup>4</sup> <https://foodinsight.org/background-on-carbohydrates-sugars/> accessed 31/08/2019 11:58:28

<sup>5</sup> <https://www.gisymbol.com/about-glycemic-index/> accessed 31/08/2019 10:38:53

<sup>6</sup> <https://kidshealth.org/en/parents/sugar.html> accessed 31/08/2019 12:00:41

<sup>7</sup> <http://apjcn.nhri.org.tw/server/info/books-phds/books/foodfacts/html/data/data2f.html> accessed 31/08/2019 12:37:36

<sup>8</sup> <https://www.sharecare.com/health/carbohydrates/does-my-body-need-sugar> accessed 31/08/2019 10:48:45

## Common health related issues of excessive sugar (also carbohydrate and starch):

- ⚠️ *Obesity and weight gain*
- ⚠️ *Increased heart disease risk*
- ⚠️ *Acne, rosacea and skin dullness*
- ⚠️ *Increased risk of diabetes 1 and 2*
- ⚠️ *Increased risk of cancer, especially oesophageal cancer, pleural cancer and cancer of the small intestine and female endometrial cancer*
- ⚠️ *Increased risk of depression and mood swings*
- ⚠️ *Increased stress*
- ⚠️ *Accelerated skin aging*
- ⚠️ *Increased cellular aging*
- ⚠️ *It drains energy due to blood sugar fluctuations*
- ⚠️ *Fatty liver disease-insulin resistance, liver failure as with too much alcohol may result*
- ⚠️ *Increase kidney disease risk*
- ⚠️ *Negatively impact dental health, bacteria thrive on sugar*
- ⚠️ *Increase the risk of developing gout*
- ⚠️ *Accelerate cognitive decline especially in children*
- ⚠️ *Memory problems and dementia*
- ⚠️ *Pancreas failure*
- ⚠️ *Decline of sexual health and erectile dysfunction*
- ⚠️ *Decline in immune system efficiency*
- ⚠️ *Chromium and trace element deficiencies*
- ⚠️ *Gum disease, a forerunner of heart disease*
- ⚠️ *Failure to ingest enough nutrients*
- ⚠️ *Sugar addiction and craving as well as withdrawal symptoms*
- ⚠️ *Inability of brain to tell you when you had enough to eat*
- ⚠️ *High cholesterol levels*
- ⚠️ *Alzheimer's*

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***The above again leads to inflated health care expenses, time lost at work, decline of quality time spent with friends and family, interpersonal conflict including divorce, higher insurance and medical aid premiums etc, the domino effect in society is manifold – AGAIN, THE HEALTHY (AND SICK) MUST PAY FOR THE SELF-INFLICTED HEALTHCARE PROBLEMS OF THE ADDICTED – OR SHOULD WE RATHER SAY THE UNSCRUPULOUS EXPLOITATION OF THE SUGAR INDUSTRY!***

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<sup>9</sup> <https://www.insider.com/what-happens-when-you-eat-too-much-sugar-2017-9#increased-sugar-cravings-4>  
<https://www.healthline.com/nutrition/too-much-sugar#section12>  
<https://www.webmd.com/diabetes/features/how-sugar-affects-your-body>  
<https://www.atkins.com/how-it-works/library/articles/10-ways-sugar-harms-your-health>  
<https://www.rd.com/health/diet-weight-loss/too-much-sugar/> accessed 31/08/2019

*Apart from thousands of articles – many from medical science – available on the internet regarding this worldwide problem, the following videos are a must:*

- <https://youtu.be/VEhGBfbu2wA>
- <https://youtu.be/tic7X3ET4qE>
- <https://youtu.be/G9tlcx6EQkk>
- <https://youtu.be/rrb06DhdrFE>
- <https://youtu.be/JEA-G9m9S0Y>
- <https://youtu.be/9E9bnjwQG9s>
- <https://youtu.be/XM0vyUUvO9E>
- <https://youtu.be/xDaYa0AB8TQ>
- <https://youtu.be/Z5aYq0ASSHU>
- <https://youtu.be/K3ksKkCOqTw>

Free copies of the the best seller *Pure, White and Deadly*, a 1972 but still very relevant book by John Yudkin, the founding Professor of the Department of Nutrition at Queen Elizabeth College, London, can be found here:

- <https://eatlowglycemic.files.wordpress.com/2011/11/pure-white-and-deadly.pdf>
- <https://archive.org/details/PureWhiteAndDeadly19721986ocr>

A quote from the book:

*“If only a small fraction of what we know about the effects of sugar were to be revealed in relation to any other material used as a food additive that material would promptly be banned.”*

**SO, IF MY BODY NEEDS FUEL TO RUN ON AND I LACK SUGAR, WILL I DIE OR ARE THERE ALTERNATIVES?**  
**YES! THERE IS ANOTHER FUEL WHICH WORKS BETTER THAN SUGAR – KETONES!**  
**FOR THE HEALTHIER ALTERNATIVE LOOK AT THESE:**

- ✓ <https://youtu.be/zrRDnLJdjmQ>
- ✓ <https://youtu.be/Dan8qtgQRi8>
- ✓ [https://youtu.be/NUY\\_SDhxf4k](https://youtu.be/NUY_SDhxf4k)
- ✓ [https://youtu.be/hu1mF8\\_QGJE](https://youtu.be/hu1mF8_QGJE)
- ✓ <https://youtu.be/wBsnk2PtPeo>
- ✓ <https://youtu.be/KIHPmJTihBc>
- ✓ <https://youtu.be/njMAUB0H9b4>